

STATE OF ALABAMA DEPARTMENT OF SENIOR SERVICES

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Dear Center Managers,

Attached are your nutrition education materials for the Winter Quarter, FY23. You will notice we have scaled back from the number of education materials we used to provide to just 3 documents. The requirement is for each congregate client to receive nutrition education at least once per month. And your home bound clients should receive nutrition education just once per quarter. Please utilize these handouts not only to increase your clients' nutrition knowledge but to also meet the timely requirements of the Elderly Nutrition Program. The nutrition handouts for this quarter are:

- 1. For January, utilize the handout titled, "Food Safety Mythbusters".
- 2. February is Heart Health Month. Utilize the handout titled, "Heart Health as We Age".
- 3. In March, utilize the handout titled, "The Health Benefits of Cabbage". This handout is our recommendation to send out to the home bound clients.

All materials were adapted from reputable sources. We hope you find this information interesting and useful. Let your Nutrition Coordinators know if there are any food/nutrition/health topics you are interested in learning about in the future. The ADSS Nutrition Team continues to be grateful for what you are doing to feed our seniors. Thank you all!

Sincerely,
The ADSS Nutrition Team